

GROUP HERBST (ab 21.8.23)

MO	09:00 – 10:00	HATHA YOGA	MARCELA
	12:00 – 12:45	TABATA / HIIT	MICHELLE / NOAM
	18:00 – 19:15	YOGA FLOW	ANETTE
	19:30 – 20:30	THAI BOX FITNESS	YVES
	19:15 – 20:00	BOOTCAMP *	TEAM
TU	09:00 – 10:00	YOGA FLOW	CLAUDIA
	12:00 – 13:00	BODYPUMP	MARIE-LOUISE
	18:15 – 19:15	PUMP	ANITA
	19:30 – 20:30	STRETCH & FASCIA	ANITA
	19:15 – 20:00	BOOTCAMP *	TEAM
WE	07:30 – 08:30	HATHA YOGA	MARCELA
	09:00 – 10:00	THAI BOX FITNESS	YVES
	12:00 – 13:00	POWER YOGA	MICHELLE / NOAM
	18:15 – 19:15	BODYTONING	NOAM
	19:30 – 20:30	YOGA	NOAM
TH	09:00 – 10:00	YOGA PILATES FUSION	SERAINA
	12:00 – 12:45	BODYTONING	TEAM
	18:15 – 19:05	HIIT	IDAEL
	19:15 – 20:15	DANCE WORKOUT	IDAEL
FR	09:00 – 10:00	HATHA YOGA	MARCELA
	12:00 – 13:00	LUNCH FLOW	ANETTE
	18:00 – 19:00	THAI BOX FITNESS	YVES
SA	09:15 – 10:15	CORE	JACQUELINE
	10:30 – 11:45	PUMP	ANITA
SU	10:00 – 10:50	HIIT	IDAEL
	11:00 – 12:00	DANCE WORKOUT	IDAEL
	17:00 – 18:30	YOGA	ANETTE

DIESE KURSE * FINDEN IM EG STATT
(FREIHANTELZONE)

COURSES * TAKE PLACE ON GROUND
FLOOR (PLATE LOADED ZONE)

UPDATES UND SIGN IN VIA APP
CURRENT SCHEDULE &
REGISTER VIA APP